

Principal's Post

Thursday 23rd January 2025



As we approach the halfway point of this half term, it's remarkable to reflect on how much we've already accomplished together. Our school values 'Kindness, Curiosity, and Resilience' continue to shine through in the energy and commitment shown by both staff and students

The past few weeks have been busy and productive, with highlights including the Ten Tors expeditions, the exciting reintroduction of Music to the Key Stage 3 curriculum and Year 11 Progress Evening. For our Year 11 students, the pressure of GCSE preparations is building, and it's important to acknowledge how challenging this time can feel. Looking ahead, we're preparing for Year 9 Progress Evening, another vital opportunity to discuss progress and future pathways.

This week started with "Blue Monday," serving as a timely reminder to pause and reflect on the importance of mental health and well-being. In the midst of our busy schedules, let's all take a moment to focus on self-care and encourage one another to show kindness—to ourselves and those around us. Small acts of compassion and moments of curiosity can make all the difference in navigating life's challenges with resilience.

Thank you for your continued support as we work together to make our school a positive and nurturing environment for all.

Mrs. C Brothwood, Principal



This Monday saw lots of sugar treats being consumed but all for a good reason. Students across the College celebrated Brew Monday to counteract Blue Monday by stopping their hard work in the Post-16 Centre for a

moment, to have a cuppa and biscuit and to chat to someone for 5 minutes.

Healthy mental awareness is something that we actively promote in Post-16 and we were very pleased to support this national event organised by the Samaritans, especially with these students' final exams fast approaching.

Students are balancing their outside of College life alongside their studies really well, with the final push of attending revision sessions and mocks starting w/b 3rd February. We are also pleased to share that our annual Samaritans 24-hour challenge is soon to be launched. More information to follow soon.

Out with Blue Monday....in with Brew Monday



1. Grab a mug & make a **cuppa**
2. Select a **biscuit**....or 2
3. Take 5 minutes to catch up with someone and **chat** without your phone 😊





As we come to the end of a grey January it is so important that you look after your mental health, especially as a Year 7 student. You're going through changes in school, friendships, and personal growth. Here are some tips that might help:

Talk About Your Feelings:

If something is bothering you, try to talk to someone you trust, like a parent, teacher, or friend. It's okay to not be okay sometimes, and talking about it can help you feel better

Take Breaks:

School can be overwhelming, so it's important to take regular breaks. Whether it's a short walk, reading a book, or just breathing deeply, breaks can help you relax and recharge.

Stay Active:

Physical activity is great for your mind. You don't need to do intense exercise, some thing simple like walking, dancing, or playing a sport can help you feel more positive.

Get Enough Sleep:

Sleep is essential for mental health. Try to get at least 8 hours of sleep every night. A good night's sleep can help you feel more focused and energised during the day.

Eat Well:

Eating a balanced diet can affect how you feel. Make sure you're eating plenty of fruits, vegetables, and drinking enough water. Avoid too much sugar or junk food.

Practice Mindfulness:

Simple techniques like deep breathing or mindfulness can help calm your mind and manage stress. Even just a few minutes can make a difference.

Spend Time with Friends:

Socialising with friends and people you feel comfortable with can help you feel supported. Be sure to surround yourself with positive people who lift you up.

Know When to Ask for Help:

If you're feeling really stressed, anxious, or sad, and it's affecting your daily life, it's important to reach out for help. This could be a school counsellor, a family member, or a trusted adult. Remember that mental health is just as important as physical health, and it's okay to seek support when you need it.

Mrs. B Dupré, Head of year 7



The future is full of opportunities, and now is the perfect time to begin thinking about the kind of career you might want to pursue. While it may feel far away, the decisions you make today can lay the foundation for what is to come. Whether you dream of becoming a scientist, a writer, an artist, an engineer, or even something yet undiscovered, remember that every journey is unique, and there is no one-size-fits-all path to success. The key is to explore your interests, keep an open mind, and be fearless in pursuing what excites you.

Consider the subjects that spark your curiosity, the hobbies that bring you joy, and the skills that come naturally to you. These early clues are often the start of a lifelong passion. Reach out to those who inspire you, ask questions, and embrace opportunities to learn beyond the classroom. Each experience, no matter how big or small, helps shape your understanding of the world and your place within it. Above all, be persistent and resilient – every great career story involves moments of challenge and growth.

Mrs E Meek, Head of Year 8



COMPULSORY CATCH -UP

Year 11 have had a fantastic start to their lunchtime and after-school revision sessions. We know that it makes a difference to their grades, and future opportunities, if they commit to good routines at this stage. In lower years, establishing good routines around homework as soon as possible will make the GCSE years much easier and more successful for them!

To encourage this process, we support students who have not completed their homework with a Catch -up session at lunchtimes. This is compulsory to attend so that no students are left behind in their learning. From next week, if a student misses the catch-up session, it may escalate and could result in an after-school detention if necessary, so please do support their home learning, and encourage the use of the staffed, and supportive lunchtime catch-up sessions.

We will also be celebrating students who are doing their homework particularly well with additional praise points to recognise their achievements and effort.



As we progress further into the Spring Term, the Year 9s continue to seize the opportunities around them. This week's assembly focused on friendship; as we enter the New Year, it's a time to reflect on friendships and how to be the best kind of friend. We also had a very successful walk on Dartmoor for the Ten Tors Challenge Training, with 16 pupils demonstrating their strength and determination as they covered 23km of wet and hilly moorland.

This term is an important one as we continue to build on knowledge, develop key skills, and think about our futures. Here are five key things to keep in mind this term:

- **Stay focused** – engage fully and ask questions: curiosity is key to learning.
- **Set goals** – take time to set clear, achievable goals – both academically and personally.
- **Seek support** – if you ever feel overwhelmed, remember your teachers, friends, and family are there to support you.
- **Explore opportunities** – take part in clubs, sports, or other activities that interest you. They are a great way to build skills and create memories.
- **Keep a positive mindset** – embrace the challenges ahead as opportunities for growth.

Mrs. L. Roberts, Head of Year 9



The year 10s have had a positive and settled start to the term with what seems like a renewed focus and curiosity for their chosen GCSE subjects. Last week, they had a motivating and thought-provoking assembly by Mr. Dagger who reminded them that there are fewer than 56 school weeks left until they finish at HCC, and reinforced that they need to take ownership and responsibility for their futures – starting with hard work, independence and resilience as we approach the final 4 ½ terms of their school career!

Although illness cannot be helped, it is really encouraging to see that year 10 had the best attendance in the school last week, despite the many viruses going around at the moment. In addition to that, our lovely year 10s have accumulated close to 36,000 praise points since the beginning of the year which is an incredible achievement - keep going!

The end of this week marks the half-way point to February half term; only a few more weeks until we get another little break. It is also important to recognise that students can sometimes feel increased pressure as we head further into KS4 which can be overwhelming and stressful both socially and academically. If your child needs any support or you are worried, please do get in touch.

Miss E. Lindsay, Head of year 10



With 12 teaching weeks left until the start of the GCSE season, we are hurtling towards the exams now at some pace. Revision sessions started after school last week, and I am so impressed with the number of students attending. The schedule can be found in the letter that came with the year 11 reports. Please encourage attendance at these whenever possible to maximise progress. Individualised plans have been given to students, but please encourage students to attend after-school revision sessions, even if they are not required to attend.

Also, I would like to share a massive thank you to those that were able to attend the Progress Evening. I do hope that you found the evening helpful in answering any questions that you had.

A great start to this term by the year 11 students – I am consistently impressed by their attitude and effort.

Miss K. Knight, Head of Year 11



Students have been receiving Golden Tickets for kindness since the week before Christmas. Every member of staff has one ticket per week to award to a student. The tickets are posted into our golden postbox, and at the end of each week, there is a draw, with the winning student receiving a £10 Amazon voucher.

The winners for the last three weeks were Alex, Amber, and Amelie – congratulations to all three!

We would like to expand the draw to include additional prizes. If any members of our College community wish to donate a prize, we would be very grateful. Please send these to Natalie Hunt, or email any queries to natalie.hunt@honiton.college

PART OF NATIONAL APPRENTICESHIPS WEEK

exeter college

APPRENTICESHIP

EXPO 2025

#NAW25

THURSDAY 13TH FEBRUARY

WHO IS THE EXPO FOR?

- Students wanting to explore Apprenticeships.
- Adults looking for a career with training.
- Individuals looking for a career change.
- Parents/NOK wanting to learn more to support their child.



MEET EMPLOYERS OFFERING 100+ VACANCIES

Employers from sectors including Engineering, Hospitality, Health & Care, Digital, Data, Construction, Business and more!

DISCOVER CAREER OPPORTUNITIES

Meet businesses and employers from across Devon and discover exciting career opportunities.



EXETER COLLEGE SPORTS HALL
THURSDAY 13TH FEBRUARY
1 PM - 5 PM



TED WRAGG MOVING IMAGE COMPETITION 2024/25



Exciting prizes await and every entry will be showcased in a 360° immersive cinema experience at a special celebration event!

Interested, speak to your Head of Media or teacher today!

Open to Ted Wragg students from Key Stage 2 to Key Stage 5. Maximum 1 team per school.

Explore multiple themes and compete across various categories, including Best Animation, Best Film and Critics' Choice.

Further information to be released on official event page coming soon to www.tedwraggtrust.co.uk/events






Please remember to like and follow us on Facebook. We share regular reminders, celebrations, and insights into College life.

HCC FACEBOOK

CAR PARK CHARGES



Due to the college's proximity to the town centre and our desire to always ensure we have spaces for visitors and staff, we employ the use of ANPR cameras to manage our car park. Whilst this means that the car parks are not free to use, when visiting college for events/meetings etc., we do have the facility to log your car registration in reception to avoid charges.

- Please remember to log your car registration number whenever using our car parks for College business.

Thank you



Pottery Workshops

6 week pottery workshop

after school on Wednesdays 3.05 - 4.00pm

Week 1 - 3: Jan 29th, Feb 3rd, Feb 12th
Week 4 - 6: March 5th, March 12th, March 19th

If you would like to come along and have a go at making something with clay on the above dates, please let Mrs Robinson or Mrs Creed in Art know. Spaces are limited and offered on a first come first served basis.



Music is now back on the curriculum for Year 7 to 9. Mr. Turner is now teaching music once a week in the Performing Arts lesson and is encouraging students who are interested to think about taking up an instrument and join the range of music groups available. He has been really impressed with his classes and has already heard some really promising music from students!

Mr. Turner is working with the Devon Music Hub and we have a number of exciting projects planned between now and the end of the summer term to support music at the school.

Peripatetic Instrument Lessons (Fees apply)

We really want to give students the opportunity to have peripatetic music lessons at HCC, and Mr. Turner has talked to students about the opportunity to learn instruments through the peripatetic programme. You can register interest in signing your child up for instrumental lessons and find out more information through the link below. We are welcoming a new guitar teacher to the school in the near future and hope to expand instrumental teaching further over the coming months!

Apply for Instrumental lessons—
<https://forms.office.com/e/n8AJsdJSyb>

Music Groups Available

Monday Lunchtime – House Band in Mu1
Tuesday Breaktime (11:10) – Stringing Group in Mu1
Tuesday Lunchtime – Singing Group in Mu1
Wednesday Lunchtime – Guitar Group in Mu1
Thursday Lunchtime – Song Writing Group in Mu2
Friday Lunchtime – Taiko Drumming in Mu1

Progress Evenings

Remember!

Year 9 Progress Evening please – **Thursday 30th January**. Bookings now open – letters have been emailed home with booking instructions.

If you have not received this, please check your junk folder. Email admin@honiton.college with any queries.

Next Fortnightly Events

Monday 27 January (Week B)

- * Year 9 Football @ Cullompton School (15:05 -17:30)

Wednesday 29 January

- * Devon School Games Boccia Finals @ Torbay Leisure Centre (09:00 -15:30)

Thursday 30 January

- * Year 9 Progress evening (15:45 -19:00)

Monday 3 February (Week A)


- * HPV, DTP & Meningitis vaccinations (08:00 -14:00)

Tuesday 4 February

- * U13 and U15 Netball @ King's School (15:05 -17:30)
- * Academic Insights, small group of Year10 @ Exeter College (09:00 -15:30)
- * HLC Girls Football @ LED (10:15 -12:00)

Thursday 6 February

- * U13 & U15 Netball @ HCC (15:05-17:00)

 LED run trampolining sessions on **Honiton Leisure Centre** Tuesday and Thursday evenings weekly. All ages/abilities are welcome.

These sessions may be particularly useful in supporting any students choosing trampolining as one of their sports for GCSE Sports Science. Booking is preferred to guarantee a space.

Please see or email Mrs. Kendall for more information: charlotte.kendall@honiton.college



The link to sign up <https://tinyurl.com/5n6cue2b>
Starts on Thursday 6 February 2025.

DICE Parenting Programme

Do you have children between the age of 11-18 years?
Are you wanting to become more aware of online dangers, up to date apps, tips on how to parent a teenager, understanding their emotions & how their brain works? Then DICE is the perfect programme for you!

We can support and offer guidance for anyone who would like to know more about the risks of exploitation and how we can help to safeguard our young people.

The **FREE** DICE Programme is one area of our work and is a programme of support around the following:

Session 01 - Introductions & talking about the life of a teenager

This session will cover; The Teenage Brain, Why teenagers might take risks & the pressures they are facing in the modern world.

Session 02 - The Exploitation of children & young people

This session will cover; Grooming - What it is? How does it happen? Where & by whom? How can we spot the signs? Active listening techniques, advice & guidance on these techniques, how we can approach conversations/situations, managing stress & pull factors.

Session 03 - Digital Dangers

This session will cover; Social Media, current apps & their ages/what they do/what to keep an eye on. Sexting, sending nude selfies & how we can be better digital parents/carers.

Session 04 - A space to share ideas about parenting

This session will cover; Parenting top tips, practical advice & information about the support available to all parents. Communicating effectively with our young people, how life is parenting a teenager, support networks, working together, importance of reaching out & sharing information.

